

# THE SOURCE

## Time Flies (When You're Having Fun)

By Bill Gibson, Regional Centers' CEO

I am sure everyone has heard the adage that time flies when you're having fun. That saying seems appropriate this year because it feels strange to me that it is almost the end of March and that 2010 is already 25% over. Maybe it is because the snow has stuck around so long that it doesn't seem like this year should be going by this fast. But it is and as of April of this year, I will have worked for the State of Nebraska for nine years, starting in 2001 at HRC. I will have been at NRC for three years. The month of March marked my five-year anniversary

at LRC. It sure doesn't seem like it has been that long.

When I started working for the State in 2001 at HRC, I told Ron Ross, who was the Agency Director at the time, that I would do this job for a "couple of years" until my daughters were out of high school. My youngest daughter will graduate from law school next month. So, time really does fly when you're having fun.

Not that every day of the last three, five and nine years has been fun, with all of the challenges we have had to endure at all three locations. But, when I add up all the

plusses and minuses, the net result is that the last nine years have been a rewarding experience for me, which is why I continue to try to make the Regional Centers better places for you to work and better places for our patients to heal.

I want to take this "anniversary opportunity" to make sure you know three things. First, I know that I don't come to NRC and HRC very often. Some people may say that I don't come often enough. However, it is not because I don't care about those operations or the employees there. The fact of the matter is

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*The Norfolk Regional Center is a progressive system of innovative adult services that promotes rehabilitation, education, research, and consultation to maximize the quality of life ...*

*Working Together,  
Giving Our Best,  
Making a Positive  
Difference*

## Time Flies (When You're Having Fun) (cont.)

that I have complete trust in Ty Bauer and the management at NRC, as well as Marj Colburn and the management at HRC. I am on the phone with Marj and Ty at least three or four times a week about current issues. If there was a problem that I didn't think we could solve over the phone or that I couldn't walk them through, believe me I would be on the road to Hastings or Norfolk. The reality is that they are my "eyes and ears on the ground" at NRC and HRC. If there is a sticky situation that needs other members of management's input, we conference call and have been able to resolve the problem over the phone.

Second, the fact that I don't have to come to HRC and NRC very often is a testament to the quality of work that all of you do at both locations. The focus at HRC is pretty specific with having just the young men from Kearney there. The focus at NRC is almost as sharp now that nearly all of the mental health patients have been discharged or moved to LRC. That sharpness of focus at both locations has all of you at each location working toward a singularity of purpose. That fo-

cused purpose results in efficient utilization of resources towards a common goal. In contrast, there are several programs at LRC and, like it or not, there is competition for limited resources, and that creates conflict. So more of my attention is needed at LRC, and the fact that I don't have to spend more time at HRC or NRC is critical to keeping all three locations running smoothly.

And finally, in today's electronic, instantaneous response working and living environment, efficient communication for problem solving "electronically" is a must. I probably could not do this job, or not do it as well, if I had to do it in person at all three locations. For one thing, I would be spending an inordinate amount of time in a car driving between sites. Things would happen much slower and opportunities would be lost. So part of my not being on site is just the reality of the age we live in. But that doesn't mean I don't know what is going on at NRC and HRC. And it surely is not an indication of a lack of interest or caring.

In closing, I want to thank all of you for all of the wonderful

work that you do. Most people would not be interested in doing the jobs that we do; most people would not even think about it. I am amazed when I meet someone in Lincoln and they ask what I do and I tell them, and they don't even know what or where the Lincoln Regional Center is. And I'm not talking about people who are new to Lincoln; I'm talking about people who have lived here for 10 or 15 years! I know that's not the case in Norfolk and Hastings because of the smaller size of the communities, but once you get outside those communities, how many people really know what we do? I can tell you this, the people that do know what we do are thankful that we are there for them.

Keep up the good work, and thank you!!

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***"The only people with whom you should try to get even are those who have helped you."***

***- John E. Southard***

## What's Cooking at NRC



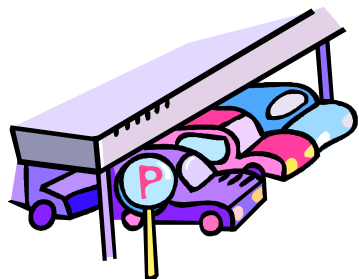
### ITALIAN STEAK

1 1/2 lb. round steak	1 tsp. pepper
1 beaten egg	1/2 tsp. sugar
1/3 c. Parmesan cheese	1/2 tsp. marjoram
1/3 c. fine bread crumbs	6 oz. can tomato paste
1/3 c. cooking oil	1 1/2 c. hot water
1 tsp. salt	1/2 lb. mozzarella cheese

Pound meat thin, trim off fat and cut in 1-inch pieces. Dip in egg and roll in mixture of parmesan and crumbs. Brown in oil and lay in shallow pan. In same skillet meat was browned in cook onion; add salt, pepper, sugar, marjoram, tomato paste and water. Boil 5 minutes. Pour sauce over meat and bake at 350° F for 1 hour or until tender. Cover with sliced mozzarella cheese and return to oven until cheese is melted.

(Submitted by Kris Boe-Simmons, and she challenges TyLynne Bauer to submit a recipe for the next issue of *The Source*.)

## Parking Lot Lottery



Winners for the month of April are:

1. Nancy Wragge
2. Tim Mastny
3. Millie Drey
4. John Kroll
5. Lori Rector



## Spotlight on Performance Improvement — Infection Control Committee

Submitted by TiAnne Morse, Quality Assurance Coordinator

The Norfolk Regional Center's Infection Control Committee is responsible for collecting and assessing data concerning infection control. NRC's Infection Control Plan describes how NRC provides for the safe and effective implementation of infection prevention and control processes in an effort to identify and reduce the risk of acquisition and transmission of healthcare-associated infections among visitors, staff and individuals served.



The committee meets the third Thursday of each month to

address infection control issues. The Infection Control Committee will investigate, control and develop prevention strategies for healthcare-associated infections:

- Establish guidelines for preventive containment measures that will be utilized.
- Maintain records of infections and corrective actions related to transmission.

- Review and revise policies and procedures pertaining to Infection Control.
- Regularly survey the environment of care for infection risks and adherence to Infection Control policies and procedures.
- Provide consultation regarding new equipment and procedures used for direct patient care and cleaning/sterilization for safe infection control practices.

The committee utilizes the information from reports and makes recommendations for improvement in programs, training and policy and procedures.

Infection Control members provide a wide cross-selection of disciplines and expertise within the organization and includes administrative, clinical and support personnel. Members of the committee are as follows:

Joy Wieseler, RN, Chair

Diane Charles, Food Service

LeAnn Daniels, SSII

Mike Mejstrik, SSII

Deborah Held, EVS

Jacque Orvis, Pharmacy

Stacie Steele, RN

Donna Young, RN

Greg Sterner, PA-C

Lisa Weible, RT

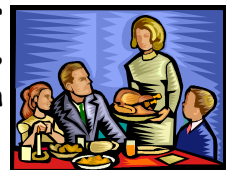
Dr. Daryl Stephenson, Medical Staff

If you have recommendations for making our environment cleaner, safer, or healthier, please contact an Infection Control PAT member.

## Nutrition Nuggets

Submitted by Julie Beutler, ADON

- The number of obese children has tripled since 1980.
- An 8-ounce cup of 2% milk has 40 more calories than an 8-ounce cup of fat-free milk.
- Almond butter has 79% more heart-healthy mono-unsaturated fats than peanut butter. (It also has close to half as many saturated fats.)
- 45% of people eat fewer than five home-cooked dinners per week. 17% don't even eat three.



## April Birthdays

- 8 - Craig Podany
- 15 - Judy Burnett
- 18 - Kandice Lange
- 19 - Nicole Konrady
- 22 - Tracy Cullin
- 23 - Beverley Lueshen
- 25 - Yancey Cortner
- 26 - Jeanette Hoffmann
- 29 - Susan Waterman



## All Are Significant



*During my 2nd year of nursing school our professor gave us a quiz. I breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?" Surely this was a joke. I had seen the cleaning woman several times, but how would I know her name? I handed in my paper, leaving the last question blank. Before the class ended, one student asked if the last question would count toward our grade. "Absolutely," the professor said. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello." I've never forgotten that lesson. I also learned her name was Dorothy.*

*- Joann C. Jones*

## April Anniversaries

- 2 - Leann Weich (26 years)
- 8 - Sharon Koehler (19 years)
- 14 - Donna Baumann (41 years)  
Kenneth Duncan (2 years)  
Christopher Luebe (2 years)
- 15 - Janice Bruckner (25 years)
- 18 - Tim Mastny (25 years)  
Dianna Timm (12 years)
- 19 - Kandice Lange (28 years)
- 21 - Ronald Hampton (30 years)
- 22 - Harriet Coble (8 years)
- 24 - Kathy Herian (31 years)
- 26 - Daryl Stephenson (11 years)
- 30 - Daniel Sturgis (26 years)

## Leave of Employment

March 10, 2010

Monte Middleton, Nurse Supervisor

March 22, 2010

Eileen Matthies, PT II

March 24, 2010

Matthew Schmeckpeper, MHSS II



# Creating a Culture of Wellness — For Our Children, For Ourselves

By Dr. Joann Schaefer, Nebraska's Chief Medical Officer

As Nebraska's Chief Medical Officer, I am always happy to see Public Health Month make its appearance.



Focusing on creating a culture of wellness can

draw attention to and bring awareness of things that can make our health better. We can change the future for our children and increase the quality of our lives.

For wellness in the home, it's simply a reminder of all the things that people and families can do to keep themselves and their kids active and their food choices healthy.

Being active on a regular basis is important. Communities across this state have continued to look at options and work with local health departments and other organizations to increase outdoor activities. Bike trails, walking trails, events to get families outside and active are things communities can do to help create wellness. Wear a

pedometer and make sure you take 10,000 steps a day.

The benefits of exercise are obvious. Heart and lung health improve, in addition to the wonderful mental health benefits you get from it. Exercise can also enhance the quality of your sleep and reduce your stress level.

Spring has sprung, so get outdoors and make the most of it with the physical activity of your choice.

Besides the importance of physical activity to wellness, there's the need for good nutrition. Part of good nutrition is getting enough fruits and vegetables.

Eating fruits and vegetables is a practice that is developed at a young age, and kids learn what they live. There are very few life-long eating behaviors that pay off as well as the development of a taste and zest for fruits and vegetables, so start them young!

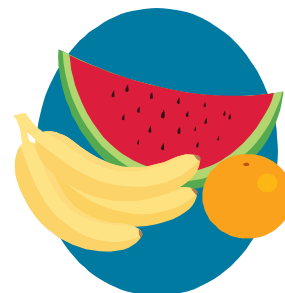
Fruits and vegetables are nearly magical in the vitamins, photochemicals, and fiber they provide us with each serving. This single eating habit can

combat many cancers, Alzheimer's, heart disease and diabetes over one's lifetime.

And finally, make sure you get those all-important screenings — breast, cervical, colon, high blood pressure and cholesterol. Not only could they save your life, they can also give you peace of mind.

The message is clear — wellness works, and together we can create a culture of wellness throughout the state.

The Nebraska Department of Health and Human Services web site, [www.dhhs.ne.gov](http://www.dhhs.ne.gov), is a great resource for more information on healthy living.



## National Doctors' Day — March 30th

Submitted by TyLynne Bauer, Facility Operating Officer

Doctors' Day observances date back to March 30, 1933. It was started by Eudora Brown Almond of Winder, GA. The day marks the anniversary of the first use of general anesthesia in surgery. The first National Doctors' Day was celebrated in 1991.

On March 30, 1958, the United States House of Representatives adopted a resolution commemorating Doctors' Day. In 1990, Congress approved legislation establishing National Doctors' Day. The resolution

designating March 30 as National Doctors' Day was signed by President George Bush.

I would like to thank all of our dedicated Medical Staff on this Doctors' Day, 2010. You each contribute so much to our patients and our program. Blessings to each of you as you continue to help our patient population.

Dr. Stephen O'Neill

Dr. Daryl Stephenson

Dr. William Foster

Dr. Clint Wilber, DDS

Diane Schumacher, PA-C

Greg Sterner, PA-C

Daniel Sturgis, PhD

Jean Laing, PhD

Kevin Piske, PhD

Jay Curran, PhD

Eric Henning, PhD



## Employee of the Month Honoree

Submitted by NRC Employees' Association



Greg Sterner, PA-C

Greg Sterner is our March Employee of the Month Honoree! Greg has worked for the State

of Nebraska for almost 26 years and is currently working on 3-West and in the Medical Clinic.

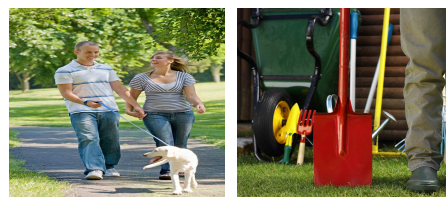
Greg's hobbies include going for walks outdoors and rides through the country with Julie, his wife. Greg Also likes doing yard work and going to tractor pulls.

Greg was a Corpsman in the Navy for 4 years before becoming a Physicians Assistant. Greg has worked at NRC for about 26 years, including being

a Pysch Tech 1978-1979. Greg has certainly seen many changes over the years and says he has had the pleasure of working with some really nice people over the years also.

Please stop by Greg's office on the 1st floor to thank him for his many years of service.

The Employees' Association



## A Tale of a Whale

Submitted by John Kroll, DON, and Marilyn Blunck, HIM Manager



Wally the Whale

The tale of a whale named Wally begins with Terry Denney, Parole Officer working out of NRC, and his wife walking around their neighborhood when they came upon this abandoned, hungry whale on the curb. Terry promptly rescued Wally, gave him a bath, "fed" him with Little Debbie snack cakes, and presented him to Marilyn Blunck for her

birthday. (Marilyn and Terry share the same birthday.)

Although it was hard for Marilyn, she decided she couldn't keep Wally, and re-homed him with Stephanie Love, HR Assistant, as a wedding gift. Stephanie and her husband didn't feel Wally was right for them, so she re-homed him with Amy Vollbrecht, HIM Staff Assistant, for her birthday. Amy decided Wally needed a home that could provide him the attention he deserved, and she presented him to Elaine Halferty, Social Work Manager, upon her retirement. Elaine had too many travel plans and wouldn't be able to give him the attention he needed, so she turned his care over to the NRC Social Work department. Marsha Nelson, Social Worker, decided Wally's care should be shared around

the hospital and gave him to 2-West to care for at Valentine's Day. 2-West, in turn, gave his care over to Marilyn Stromberg, Nursing Staff Assistant, on St. Patrick's Day. (Wally is pictured at left in his St. Paddy's Day regalia.)

Wally has been well-loved and well-fed by all who have been blessed with his companionship. Rumor has it he is currently residing with Darlene Porter, Psychology Secretary, and is decked out in his Easter finery! (Some staff are calling him "Wally Cotton-whale". Sometimes people can be so cruel!)

If Wally appears on your unit or in your department sometime in the future, please look deep into your heart to see what you can offer back to a whale named Wally, who gives us all his unconditional love and devotion!

## It's Not What You Do ...

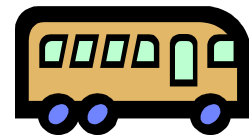
From the *Friendship Book of Francis Gay*, 1977

As the bus slowed down at the crowded bus stop, the bus driver leaned from the platform and called out, "Six only!" The bus stopped. He counted

on 6 passengers, rang the bell, and then, as the bus moved off, called to those left behind: "So sorry, plenty of room in my heart — but the bus is

full." He left behind a row of smiling faces.

It's not what you do, it's the way that you do it.





## NRC Pictures and Memorabilia

Submitted by TyLynne Bauer, Facility Operating Officer



Building 24 on Norfolk Regional Center grounds. Abatement and demolition are currently in progress.

I hope you all took the opportunity to stroll down memory lane in Building 24. For me, it resonates important times in the history of our hospital and its patients, along with the work and dedication that led the way to the modern treatments and medications that we have today.

For anyone who took a photo opportunity, I would appreciate if you would email me your photos. I am creating a historical collection of photos, news articles, letters, etc. I will be adding our historical photos on the "S" drive in the Pictures and Memorabilia folder, so you can

check periodically to see what interests you.

Also, Leann Weich, LPN, has graciously placed our historical photos in acid-free (picture-preserving) photo sleeves and organized them in albums. You can find these albums in Conference Rooms 209 and 216. If you borrow an album, please return it, as it is a phenomenal part of our history. All of the pictures have been scanned and will be available in the P & M folder.

I have purchased the book "Asylum — Inside the Closed World of State Mental Hospitals" by Christopher Payne. He

is the New York photographer who captured facilities like ours all across the nation. And yes, NRC made the cut! I am keeping the book here at the hospital, and I welcome you to review it at your convenience. It is in my office on the table; if you borrow it, please leave me a note so I know where it is.

I hope you enjoy our historical site and take advantage of the photo albums and electronic pictures that have been organized for you.

As an interesting side note, the Norfolk Daily News ran an article and pictures on Saturday, August 29, 1970, about demolition of "Old Center", NRC's old administration building. The demolition work was done by Anderson Excavating and Wrecking Company, Omaha, on a \$29,744 contract. Today in 2010, the demolition of Building 24 is being done by Anderson Excavating, Omaha, on a \$244,850 contract.

# Severe Weather Awareness 2010

Taken from NRC's Emergency Management Plan Annual Evaluation 2009

Nebraska Severe Weather Awareness Week is March 22-26, 2010, and a good time to review NRC's policies and procedures for severe weather events.

In April 2009, NRC tested its preparedness capabilities during severe weather. Many changes had been made to the Severe Weather Management Plan, and the Environment of Care (EOC) Committee wanted to evaluate the effectiveness of those changes. Our drill was based on a plausible scenario that is relevant and realistic to our hospital. The objectives were:

- To test evacuation procedures and locations as written per policy
- To ensure appropriate equipment and materials are available
- To ensure good lines of communication with staff

## Findings from 2009's drill:

Per the Severe Weather Management Plan the following items shall be taken to

the shelter area: flashlights, weather radio, Medication Administration Record, restraints and first aid kit. Overall this was completed in 75% of the areas. Staff arrived to the appropriate designated storm shelter sites but reported congestion in the stairwells.

## Evaluation:

As part of the emergency management plan, hospitals are required to have a structure in place to respond to emergencies. This structure is routinely tested during drills. The evaluation for hospital disaster drills are designed to be part of the testing. They are used to identify strengths and weaknesses, and the results gained from the evaluation should be applied to further training and drill planning.

The value of this approach is to identify specific weaknesses and promote continuing efforts to strengthen disaster preparedness.

The EOC plan of action included notifying each area regarding their strengths and weaknesses, with recommendations on improving their overall preparedness.

Changes were made to the Severe Weather Management Plan regarding evacuating to designated shelter areas.

Drills are a great resource in identifying ways we can improve disaster response and recovery.

Staff are encouraged to review the Severe Weather Management Plan and related policies in preparation for upcoming 2010 disaster drills.



# March Puzzles Challenge

Submitted by Judy Burnett, Switchboard Operator

Thanks to those who were able to figure out last month's puzzles. The winners are Marg Hipp and JoAnn Henrickson.

Every month is something different, so please try again.

Submit your answers at the mail room by April 19th, and be sure to include your name.

## HIDDEN WORDS

11 words associated with birds (including the example *hatch*) are hidden among the letters of this passage. How many can you spot?

It was chiefly owing to the t*hatched* roof that we couldn't install a solar panel. Putting metal on the roof was just begging for trouble. Jean decided it was safe at her townhouse but that, apart from the super challenge it would be in the cottage, it wouldn't be cost-effective. Instead, the panes throughout were double-sealed. She was on good terms with the workmen who, otherwise, would have charged much more. Cheaper bills and a better environment — what a result!

## DROP QUOTE

Here's a quotation from Pamela Anderson about living. The words have dropped out of position into the columns below. Can you restore the quote? (Fill in words from list at right.)

	DON'T				ANYTHING	
MUCH.			IN			I
	.	I		THINK		
	YESTERDAY.		I			MUCH,
IT				ME		.

HAPPENED

I

MOVE

I

KIND

ON

OF

REALLY

IF

LIVE

FREAKS

DON'T

THINK

THE

THINK

ABOUT

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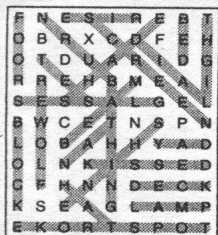
+

TOO

WHAT

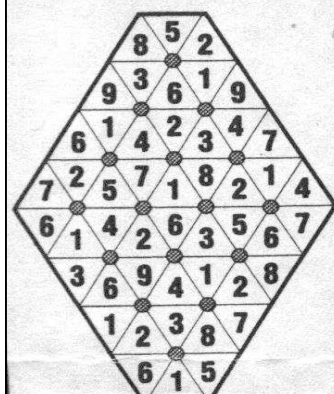
## Answers to February Puzzles

Here Comes the Sun



Bathing, Beam, Bed, Block, Burn, Day, Deck, Dial, Flower, Glasses, Hat, Kissed, Lamp, Light, Rise, Roof, Screen, Set, Shade, Shine, Spot, Stroke, Tan

Six Pack



## THE SOURCE

DHHS—STATE OF  
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*The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.*

*It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!*

### NRC Editorial Board

Marg Hipp - Editor - 370.3315

TyLynne Bauer - 370.3328

Susie Kohlhof - 370.4313

Marilyn Stromberg - 370.3142

## Cold is a Relative Thing

Submitted by Susie Kohlhof, Human Services Treatment Specialist

**65 above zero:** Floridians turn on the heat.

Nebraskans plant gardens.

**60 above zero:** Californians shiver uncontrollably.

Nebraskans sunbathe.

**50 above zero:** Italian and English cars won't start.

Nebraskans drive with the windows down.

**40 above zero:** Georgians don coats, thermal underwear, gloves, and wool hats.

Nebraskans throw on a flannel shirt.

**35 above zero:** New York City landlords finally turn up the heat.

Nebraskans have the last cookout before it gets cold.

**20 above zero:** People in Miami all die.

Nebraskans close the windows.

**Zero:** Californians fly away to Mexico.

Nebraskans get out their winter coats.

**10 below zero:** Hollywood disintegrates.

Nebraska Girl Scouts are selling cookies door-to-door.

**20 below zero:** Washington, DC, runs out of hot air.

Nebraskans let the dogs sleep indoors.

**30 below zero:** Santa Claus abandons the North Pole.

Nebraskans get upset because they can't start the snowmobile.

**40 below zero:** ALL atomic motion stops.

Nebraskans start saying ... "Cold enough fer ya?"

**50 below zero:** Hell freezes over. Nebraska schools will open 2 hours late.

**THERE IS NO PLACE  
LIKE NEBRASKA.**

